## GOOD NEWS FOR HOMEMAKERS

By Shirley W. Walton
Extension Agent

This week I wish to share more gift ideas with you.

**Puff-Patch Wreath**

Assorted scraps colorful cotton fabrics
Cotton balls
Matching thread
½ inch wide ribbon
Carpet thread

Use compass to cut out 12 (4-inch diameter) circles from fabric scraps. With needle and thread, run single row of gathering stitches around edge of each circle. Place two cotton balls in center of wrong side of each circle and pull gathering thread up. Tack to hold. Make twelve puffs. String twelve fabric puffs together to form ring with carpet thread. Make a double-loop bow from ribbon, pinking ends; tack to top of wreath. Make a loop to hang by on tree. These make lovely gifts as well as a nice item from recycled scraps.

**Draft Stopper**

Here's an easy way to stop those drafts which creep in under your doors and windows. Just sew up a sausage like draft stopper and stuff it with sand. This is an energy-saving idea.

**YOU'LL NEED:**
- Fabric, a firmly woven calico print or denim
- Thread to match fabric
- Piece of twill tape or jumbo rick rach 10" (25 cm) long, to hang draft stopper
- Sand

**Here's How:**

Cut a strip of fabric 5" (12.5 cm) wide and as long as the width of your door or window, plus ½" (1.3 cm). Fold in half lengthwise, with right sides together; pin. Make a loop with tape or rick rack and insert into one end of tube. Allowing ¼" (6 mm) seams, stitch across loop end and down long side. Trim off corners; turn to right side. Fill draft stopper with clean sand (it helps to use a funnel). Turn in seam allowance of open end and slip stitch securely.

**Stick Trick**

Save discarded Christmas cards to make into small gift tags. Pick out the most attractive part of the card. Fold card and cut through both thicknesses of paper following the design of card. You will be delighted with the beautiful and unusual gift tags you can make. If you wish, make a small hole in tag and pull a colored cord or narrow ribbon through it; attach to gift.

**RECIPE OF THE WEEK**

**Date, Orange and Nut Loaf**

2 cups flour
½ teaspoon salt
3 teaspoons baking powder
½ cup butter
1 cup sugar
2 eggs
1 teaspoon grated orange rind (can use more for flavor)
2 tablespoons lemon juice or orange juice
¾ cup milk
½ cup chopped pecans
½ cup chopped dates

Sift flour, salt and baking powder. Cream butter; add sugar gradually, creaming until smooth. Beat in an egg at a time. Add orange rind; add flour mixture alternately with lemon juice and milk, beginning and ending with flour and beating until smooth after each addition. Add chopped nuts and dates. Turn into a well buttered 9 x 4½ x 2½ inch loaf pan. Bake at 350 degrees for 1 hour or until well browned. This recipe can be doubled for two loaves. It also freezes well. Yield: 12 servings. This is ideal for gifts. Note: Orange juice can be substituted for milk.

## LEAA Approves 1978 Criminal Justice Plan

The Law Enforcement Assistance Administration (LEAA) has approved the Fiscal Year 1978 Criminal Justice Plan for Virginia, submitted by the Council on Criminal Justice.

This plan allocates some $10.3 million in federal funds to state and local criminal justice agencies. Only $7.9 million of the total amount represents FY 1978 funds, the remaining amount is from unspent funds from previous year's plans.

The Plan is the result of efforts at all levels of government in Virginia to organize distribution of both federal and state funds to enhance criminal justice services in the state. It describes the crime problems found in Virginia and the needs of the law enforcement,c ourts, and corrections agencies which must cope with those problems. The Plan also look into the resources available for preventing and controlling crime.

LEAA approval of the FY 1978 Plan entitles Virginia to a block grant of federal funds which will be used to finance programs outlined in the Plan. Of the $10.3 million, more then $2 million will go to law enforcement; $1.7 million to adult correction; $1.5 million to juvenile program-prevention, treatment and control of juvenile delquency; $450,000 to substance abuse; $640,000 to Courts; slightly more than $710,000 to such areas as public information, education and evaluation and research. The award of these funds through LEAA is made possible by the Crime Control Act of 1976.

In addition, the Juvenile Justice and Deliquency Prevention Plan for FY 1978 was also approved for the State. This means that some $1,443,000 will be made available to Virginia for deinstitutionalization of status offenders, separation of youths from adults in local jails, and diversion of youths from the juvenile justice system. This funding is made possible through the Juvenile Justice and Deliquency Prevention Act of 1974.

The Virginia Council on Crime Justice and the Division of Justice and Crime Prevention are the State level agencies responsible for coordinating efforts to improve and upgrade Virginia's criminal justice system.

At its Thursday meeting, the Council on Criminal Justice approved some $69,400 in action grant requests from state and local criminal justice agencies involved in law enforcement, substance abuse and prosecution.

## Cancer Answers Service To Operation In State

The Cancer Answer Service, a toll-free statewide telephonic information system sponsored by the American Cancer Society (ACS), Virginia Division is now in operation, according to Dr. M. C. Wilhelm of Charlottesville, President of the Virginia Division.

"By calling 1-800-552-7996, information about cancer, treatment services and facilities, patient services, and information about the American Cancer Society and its programs is readily available to all Virginia residents," Dr. Wilhelm explained. This is a toll-free service which may be used by Virginia residents in every part of the state, except the Richmond area. Richmond area residents may request information by dialing the Society's regular telephone numbers 359-1308 or 359-0298.

Specially trained volunteers will be working each weekday from 9 a.m. to 5 p.m. to receive requests via the Cancer Answer Service. A special feature of the service will be a direct line tie-in with the Health Line at the Medical College of Virginia (MCV) in Richmond where a bank of tape recordings on various sites and types of cancer is available, Dr. Wilhelm said. The Health Line has been in operation at MCV since July, 1976, but until this time the service has not been available to residents outside the Richmond area except by toll calls. Under the new management the complete services of both the Health Line at MCV and the Cancer Answer Service of the ACS will be available to all Virginia residents, Dr. Wilhelm explained.

The main purpose of the program, Dr. Wilhelm said, is to make information about cancer readily available to every citizen of the state. When a person calls, he may receive answers to questions about a specific kind of cancer, about a new drug, or about treatment services. In some instances the caller may be referred to a community resource in his own area which was previously unknown to him.

Dr. Wilhelm explained that this statewide telephonic service is another effort of the American Cancer Society to be accessible to cancer patients, families, physicians and other health professionals. "We want to save more people from cancer," Dr. Wilhelm said, "and to do that we must first get the individual involved in bridging the gap between wondering about a warning signal and seeking information and help."


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**IT'S BEGINNING TO LOOK A LOT LIKE CHRISTMAS on Main Street downtown Appomattox.** Town work forces have put up decorations and Christmas lights were turned on at 5 p.m. Saturday officially marking the beginning of the Christmas season.

# Health-wise

By Marylou Blosser, R.N.

**Body Danger Signals**

Thousands of people die needlessly each year because they do not recognize the warning symptoms of diseases early enough. Everyone is called upon daily to make a number of personal health decisions that will affect his well-being. He must decide if and when to seek medical help. Medical authorities say almost any condition, not only can be best treated in its early stages but that early diagnosis also gives the person a better chance to have the disease controlled or cured.

Glaucoma, a leading cause of blindness, can be controlled in most cases by early detection and treatment. Periodic examination of the eyes by an ophthalmologist should include a test for glaucoma.

Recurring and persistent headaches, ringing in the ears, total loss or double vision can be caused by a variety of physical problems. Any such difficulty should be reported to a doctor.

A chronic nagging cough or hoarseness continuing for two or more weeks should be checked by a doctor, even if it began from influenza or a cold. If a cough is accompanied by pain or blood, it can mean the beginning of heart disease or respiratory disease, such as tuberculosis, which can be cured if found early.

Stomach ache is a very common ailment and usually goes away in a short time. But, if the pain is severe and if it is accompanied by vomiting, nausea or intestinal problems, a doctor should be consulted.

Many persons, of course, complain of a tired feeling but a continual feeling of fatigue, even after a full night's sleep, is reason for concern.

Any unusual bleeding or discharge from any body opening should be reported to a doctor.

A sore or blister will heal in a fairly short time with most people, but if it does not, a doctor can determine if the slow healing is due to a deeper cause. Slow healing of cuts in young children and young adults may be a warning sign of diabetes which can be controlled if diagnosed early enough.

**CHRISTMAS CANTATA TO BE PRESENTED**

In each of the four churches on the Pamplin Charge of the United Methodist Church, This is a Charge Wide Choir of about 40 members from all over the Charge.

They will be presenting: **The Savior Has Come**, by Robert A. Basham.

The Cantata will be presented on the following dates:

Pamplin United Methodist Church on Dec. 16, at 7:30 p.m.

Centenary United Methodist Church on Dec. 18, at 7:30 p.m.

Evergreen United Meethodist Church on Dec. 21, at 8 p.m.

Piney Ridge United Methodist Church on Dec. 23, at 7:30 p.m.

Following the presentation there will be a time of fellowship in each church, and refreshments will be served. Everyone is invited to stay for this time of fellowship.

The public is invited to attend this program. Rev. Thomas R. Boggs, minister.


**NEED OFFICE SUPPLIES? THE TIMES-VIRGINIAN COURT ST. APPOMATTOX,VA**


## South Will Grow Tomorrow's Paper

The South must provide most of the nation's wood products by the year 2000. This is more than twice as much as the region produces today. There is more forest land in the South offering a high potential for timber growth than any other part of the country.

The South has already produced two generations of forests. The First Forest was the virgin, unharvested timber that existed when the country was settled in the 17th Century. This First Forest was viewed as a barrier to settlement and to the production opf agricultural crops. Some of this timber was used for homes,stockades, ships, barns, firewood, etc., but much of it was burned to clear the land for farming.

The Second Forest was one of natural or artificial reforestation. This is the forest that is being cut today. Man has learned that trees can be grown faster when he lends a helping hand to nature. Fire protection, reforestation, selective harvesting, for sustained yield and insect and disease control all help promote forest production.

Today, even with so much information and technical assistance available, only 36 percent of the Southern forests are properly managed. This compares with 58 percent in Appomattox County. But much of the South's well-managed woodlands are owned by large industries, states, or the federal government. The remaining woodland is owned by about a million private landowners, most of whom are not applying good forest management programs. Therefore, the big opportunity to increase timber production lies with the private landowner.

South woodland management should be based on the soil productivity for tree growthg and the quality of the existing stand. In Appomattox County, some of the poorer soils for tree growth have a site index of 65 for Virginia pine and northern red oak. Site index is the average height of a particular tree species at 50 years of age and is used to predict tree growth on various soil types. Some of the better soils for trees have a site index of more than 100 for pine, yellow poplar and black walnut. The more productive soils for timber production should have a higher level of management than less productive land.

Appomattox County does not have a modern soil survey, but there is much soils information available through the Soil Conservation Service (SCS) office. Soils mapping can be provided for cooperators of the Robert E. Lee Soil and Water Conservation District requesting a conservation plan.

Soils information is complete and available for the counties of Campbell, Charlotte, and Price Edward at the respective SCS office.

More intensive forest management is needed in order to increase forest productivity. SCS can provide soils information and conservation planning assistance for the entire farm. Virginia Division of Forestry, industry foresters, and private consultants can provide detailed technical assistance.

We need to implement the multiple-land use concept of woodlands to serve all needs - production of raw wood products, wildlife, recreation and soil and water protection. Careless harvesting and mismanagement leaves woodlands in unproductive cull trees, brush and eroded logging trails. Proper management will assure a renewed forest for the 21st. Century.


DIAL GOOD NEWS 352-7900

**TOO MANY VIRGINIANS ARE GETTING FLOWERS FOR CHRISTMAS.**

The Virginia highway death toll is rising faster than it has in years because more drivers are speeding, more drivers are drinking and fewer people are wearing safetybelts. It's as simple—and as horrible—as that.

The Highway Safety Division of Virginia urges you to drive carefully and soberly during the Crash Alert. Because it just wouldn't be Christmas without you.

**THE GOVERNOR'S HIGHWAY CRASH ALERT.**

**HIGHWAY SAFETY QUIZ**

**Q. On which side of the road should bicyclists travel? Are there any areas where bicyclists are prohibited from riding?**

A. Bicyclists must ride on the right side of a street or highway, as close to the edge as possible. If a bicycle path is available bicyclists should use it. Riding a bicycle on interstate highways is illegal. In many localities riding a bicycle on sidewalks is also prohibited. Check your local laws. If you are a moped operator these laws also apply to you because mopeds are defined as bicycles in the Code of Virginia.


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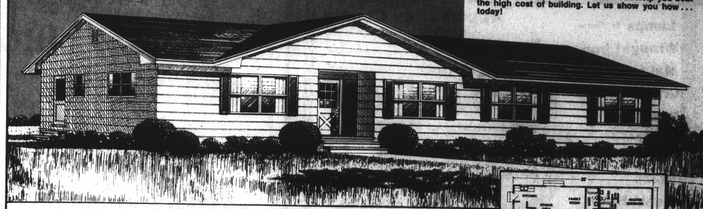

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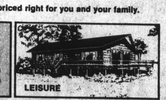

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## Average U.S. Home May Soon Cost $78,000

The average price of a typical American home could reach the almost incredible level of $78,000 within five years. This startling information was released in early March 1977 in a report by the Joint Center for Urban Studies of Harvard University and the Massachusetts Institute of Technology. The price of housing in the past few years has jumped twice as fast as family incomes. Contributing to this rapid rise in the price have been inflation, government regulations, and periodic shortages of mortgage money — all of which has caused a sharp decline in housing starts since 1972.